



**EXAMPLE**

Name: Kim Williams

Please Print

Location: Holdeman Elementary Grade(s): 2nd # Kids 22

Week 1 (Aug 3-7): I spent 3 hours teaching nutrition.

Week 2 (Aug 10-14): I spent 1 hours teaching nutrition.

Week 3 (Aug 17-21): I spent 2 hours teaching nutrition.

Week 4 (Aug 24-28): I spent 1 hours teaching nutrition.

Total hours this month: 7

Please indicate how many times (not X's or check marks) you taught the following nutrition/physical activity topics this month (can be any length of time & can be taught more than once a day)

| #  | Topic   | #  | Topic                           |
|----|---|----|---------------------------------|
| 5  | Fat Free & Low Fat Milk or Equivalent (and Alternative Calcium Sources) | 6  | MyPyramid – Healthy Eating Plan |
|    | Fats and Oils   | 10 | Physical Activity               |
| 3  | Fiber Rich Foods  |    | Promote Healthy Weight          |
| 10 | Food Shopping / Preparation   |    | Sodium & Potassium              |
| 8  | Fruits & Vegetables   | 10 | Whole Grains                    |
|    | Lean Meat & Beans   | 20 | Hand washing/food safety        |
|    | Limit Added Sugars or Caloric Sweeteners                                |    |                                 |

**Note:** Topics taught at separate times should each be counted separately. However, if any two topics from MyPyramid are taught together (fruits & veggies, whole grains, milk, meats & beans), they should be counted as MyPyramid not as individual topics. **For example,** if Fruits & Veggies are taught in one session and Whole Grains are taught in a separate session then these would be counted separately. If they were both taught together in the same session then it would be counted as MyPyramid.

| Estimated Length of Sessions |
|------------------------------|
| Shortest: 3 min              |
| Longest: 20 min              |

Employee Signature

Date

Kid Zone Supervisor Signature

Date

[www.eatwellbewell.org](http://www.eatwellbewell.org)

Forms should be turned in at the end of each month to your designated staff member or the Kid Zone mailbox at your school. For questions or concerns contact: Kim Williams at (480) 350-5447, [kim.williams@tempe.gov](mailto:kim.williams@tempe.gov) or Brandon Hernandez at (480) 350-5409, [Brandon.Hernandez@tempe.gov](mailto:Brandon.Hernandez@tempe.gov). Thank you for your participation.